

Living From Alignment with What Matters to You

The Importance of Alignment

Alignment is important because being in alignment is just more enjoyable and satisfying, and frees up energy for creativity and productivity. When we are in alignment, we are going with our own flow, rather than fighting ourselves to accomplish what we think we "should". It is like the difference between floating down a stream in an inner tube on a hot summer day, versus trying to swim upstream!

We can experience alignment when we honor what is most important to us. When we know what matters to us and make choices to honor that, we can experience a sense of satisfaction and rightness that is independent of outcomes.

Question 1: What matters most to you?

Understanding the top 5 priorities in your life will help you align with what is most important to you. Take a few moments and capture the top 5 priorities (M.I.T.s) in your life. When it comes time to make important decisions in your life and career, this list will give you clear criteria so you can always make choices that support what matters most to you.

- List the 5 most important things (M.I.T.s) in your life.
- Then, going deeper, ask yourself, what is important about what you wrote?
- And again, what is important about *that*?

Score	Most Important Things (M.I.Ts)
	1. Why is that important to me? ↓ Why is that important to me?

	2. Why is that important to me? ↓ Why is that important to me?
	3. Why is that important to me? ↓ Why is that important to me?
	4. Why is that important to me? ↓ Why is that important to me?
	5. Why is that important to me? ↓ Why is that important to me?

Question 2: *How are you honoring what is most important? (Are you **IN or **OUT** of alignment)***

How are you doing at honoring your M.I.T.s? For each of the M.I.T.s you listed above, go back and give it a score of 0-5, where 0 = Not honoring at all; and 5 = Consistently honoring

Question 3: *What is the positive & negative impact of how you are/are not honoring your MITs?*

Look at where you are honoring and not honoring your M.I.T.s. What are the positive and negative impacts?

Question 4: *What would it be like if all your M.I.T.s were at a 5? Imagining/writing*

Imagine it: Let yourself feel it in your physical body and your emotional body. Close your eyes if that helps. What would be different? What would that be like for you? Write about it below.